



Program Schedule

July 9 – July 14, 2012

Roan Mountain State Park



Tuesday, July 10

9:00 AM **10 Essentials-** Going hiking? Don't get caught in the woods unprepared. Come learn what items you should carry in your pack, and how to use them. Meet Pat at Campground Check-In.

*** Volunteer Service Project, Bristol YMCA Teen Leaders, MEG***

Wednesday, July 11

11:00 AM **Cloudland Community Dulcimer Circle-** Try your hand at playing a dulcimer. Opens with beginner instruction. Meet at Conference Center.

3:00 PM **Slithering Snakes-** Meet and greet some of the park's reptile residents, and learn the truth about these often misunderstood creatures. Meet Meg at the Visitors' Center.

6:00 PM **Blue 2 Evening Hike-** Work up an appetite for supper by hiking this beautiful and peaceful trail while learning about some of the local flora. Please wear sturdy shoes for this moderate 2-mile hike. Meet Meg at Blue 2 Trailhead (Shelter 2 entrance).

Thursday, July 12

9:00 AM **Raven Rock Hike-** Meet Brian at the Campground Check-in for a morning hike up to the scenic Raven Rock overlook, while learning about some of Roan Mountain's native flora and fauna. Don't forget your hiking boots/shoes for this moderate 1 mile hike.

1:00 PM **Land Navigation: Map and Compass-** A map and compass have long been used to help people find their way. Meet Brian at Shelter 3 to learn how to use some tools that could someday help save your life.

3:00 PM **Horseshoe Heaven-** Learn about the history and rules of horseshoes. You will be pitching ringers in no time! Meet Brian at the Campground Horseshoe Pit.

5:00 PM **Pool Games-** Going swimming at Roan Mountain's Pool? Plan on joining Meg for some silly, splashing fun... and you might even learn some new facts about our state park at the same time. Must pay pool entrance fee to participate. Meet Meg at Pool.

7:00 PM **Evening Yoga-** Soothe your mind, body, and spirit by taking the time to stop and contemplate the natural beauty of Roan Mountain as you unwind from your busy day with some easy stretches and relaxation techniques. This class is beginner-friendly! Please wear loose-fitting clothing and bring a mat or a towel. Meet Meg at the Amphitheater.

Friday, July 13

11:00 AM **A House is a House for Me!-** Kids, come enjoy listening to this great children's book... then we'll investigate and learn about different animal habitats here at Roan Mountain State Park! Meet Meg at Shelter 3 (Campground Pavilion).

1:30 PM **Corn Husk Dolls-** Connect with the ways of the past as we learn about the heritage of this old-timey craft. Then make your own doll-- just like those of the early settlers and Native Americans of Roan Mountain! Meet Meg at Shelter 3 (Campground Pavilion).

3:00 PM **Creek Walk-** Come cool off in the Doe River as we learn about stream ecology and discover some aquatic life forms in their natural habitat. You may be surprised at what we find!
Wear closed toed shoes and be prepared to get in the water. Meet Brian at Campground Check-In.

7:00 PM **Carl and Kathryn Brickey-** Come enjoy bluegrass and country music by this talented young husband-wife duo. Meet Brian at the Park Amphitheater (Shelter 3 in case of bad weather).

Saturday, July 14

***** MEG works Ranger 1st Shift, No Daytime programming—will go to Farmstead and town*****

10:30 AM **Cloudland Nature Hike-** You don't want to miss this beautiful trail! Green and lush, this diverse mountain path winds its way along the Doe River and then back into the forest. Meet Brian at the Visitors' Center.

12:00 PM **Native American Weapons-** Come have a look at some interesting examples of tools and weapons that were used by the Native Americans of this area long ago... and maybe try your hand at throwing the atlatl! Meet at the Farmstead from 12-2 PM.

12:00 PM **Ellie and Friends-** Enjoy some beautiful mountain music at RMSP's mountain homeplace, the Miller Farmstead. From 12-2 PM.

1:00 PM **Peg Leg Mine Hike** - This trail leads back from the old grist mill over an iron ore vein to a mine. Come learn about the history of the mine and the importance of this vein to the development of Roan Mountain. Meet Brian at the Visitors' Center.

7:00 PM **Ball Sisters Band-** Summertime Saturdays are so much sweeter with outdoor concerts in the evening, and our beautiful park makes the perfect venue for enjoying local music. Meet Meg at the Park Amphitheater (Shelter 3 in case of bad weather).

9:00 PM **Campground Campfire-** Relax around the fire with riddles, legends, stories, and s'mores! Meet Brian at the Campground Fire Ring.

***** General Announcements*****

- Programs are free of charge.
- Programs are for all ages unless otherwise noted.
- For all hikes: Please wear sturdy, closed-toe walking shoes and bring drinking water.
- In case of inclement weather, live music/entertainment will be held at Shelter 3.

Enjoy yourselves at Roan Mountain State Park this summer!

